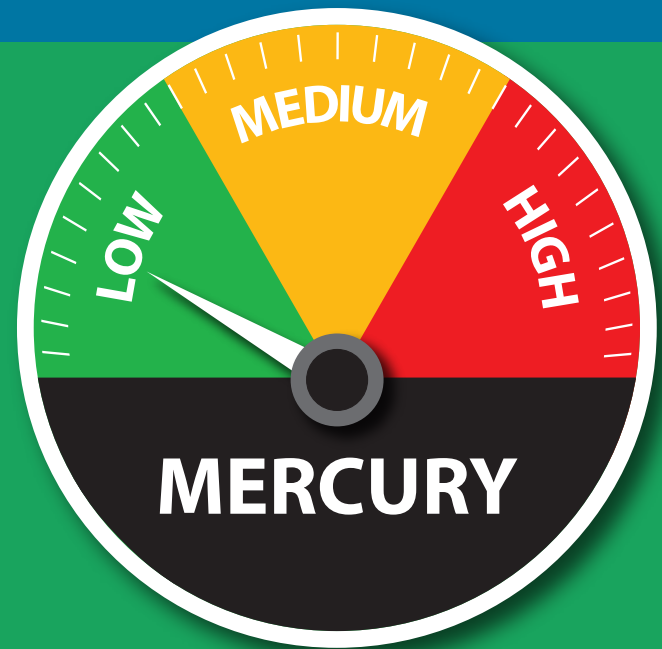


# Eat Fish Safely

## Sacramento River and Northern Delta



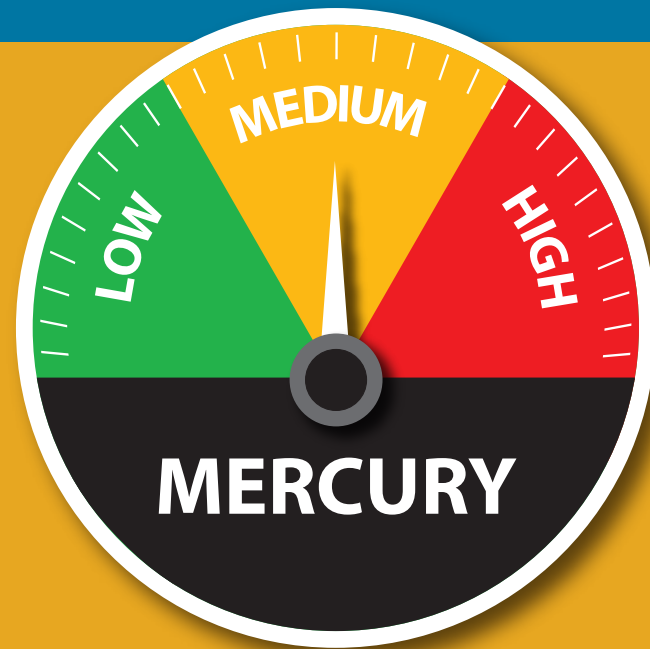
**Eat  
More**

Women 18–45  
Children 1–17

2 servings a week OR

Men age 18+  
Women age 46+

7 servings a week OR



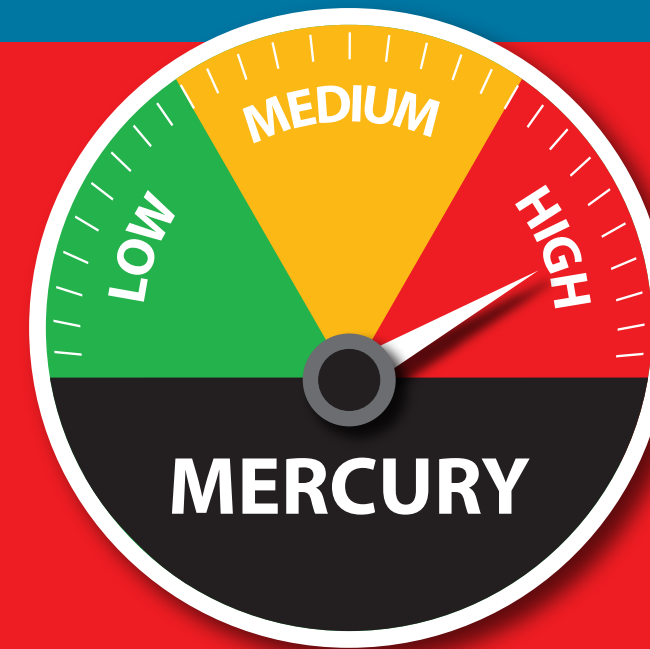
**Eat  
Less**

Women 18–45  
Children 1–17

1 serving a week

Men age 18+  
Women age 46+

3 servings a week OR



Women 18–45  
Children 1–17

**Do NOT  
Eat**

1 serving a week OR  
Striped bass —  
2 servings a week



Rainbow trout



American shad



Chinook (king) salmon



Steelhead trout



Asiatic clam



Carp



Crappie



Hitch



Catfish



Crayfish



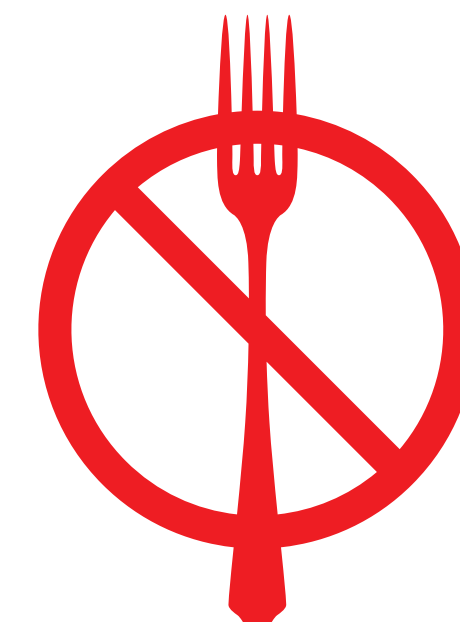
Sucker



Bluegill or  
other sunfish



Hardhead



Bass



Striped bass



Pikeminnow



White sturgeon

**Some fish have high levels of mercury which can harm the brain, especially in unborn babies and children.**



SACRAMENTO - SAN JOAQUIN  
**DELTA CONSERVANCY**  
A California State Agency



Learn more at [www.oehha.ca.gov/fish](http://www.oehha.ca.gov/fish)

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